



EXTRA BABY FOOD Recipes



Mini Banana Spice Muffins

Ingredients:

- 3 jars **baby food bananas**
- 1 cup packed light-brown sugar
- 1/2 cup canola oil
- 1 large egg
- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 cup sour cream or plain yogurt
- 1 tablespoon vanilla extract
- 1 whole banana, sliced thin for garnish, optional

Directions:

1. Preheat oven to 350 degrees. Line a mini muffin pan with paper liners.
2. In a large bowl, combine banana puree, brown sugar, oil, and egg, beating until smooth. Add flours, baking powder, baking soda, cinnamon and salt and mix well. Add sour cream or yogurt and vanilla; mix to combine.
3. Fill muffin liners 3/4 full. If you like, place a slice of banana on each muffin. Bake until a toothpick inserted into center comes out clean, about 20 minutes. Transfer to wire rack to cool.

Recipe from parents.com

Macaroni and Cheese



Ingredients:

- 2 cups uncooked whole grain pasta
- 2 jars **baby food vegetables (carrots, sweet potatoes, squash)**
- 1/3 cup low-fat milk
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon salt (optional)
- 1 1/2 cups shredded cheddar cheese
- 3 tablespoons grated parmesan cheese

Directions:

1. Prepare the pasta according to package directions. Drain and leave the pasta in the strainer.
2. Heat the baby food vegetables, milk, garlic powder, onion powder and salt in a pot over medium heat until warm.
3. Reduce the heat to low, and stir in the cheeses until smooth.
4. Stir in the cooked pasta. Season to taste with salt and pepper.

Recipe from beechnut.com



Peach-Banana Smoothie

Ingredients:

- 1/2 cup milk
 - 1 jar **peach baby food**
 - 1 jar **banana baby food**
 - 1/4 jar **squash baby food**
 - 1/4 cup **baby cereal** (add more for thickness if desired)
 - 1 tbsp. cinnamon if desired
- Try using other baby food fruits and veggies for a variety of flavors!

Directions:

1. Mix in a blender and enjoy!

Recipe from Pima County Health Department WIC

Teething Cookies

Ingredients:

- 1 cup **baby cereal**
- 2 tbsp. margarine
- 1 egg
- 1 tsp. vanilla
- 2 tbsp. powdered milk (optional)

Makes around 20 sticks



Directions:

1. Combine all ingredients together to make a firm dough. Add more infant cereal if mixture seems sticky.
2. On a floured surface, pat or roll out to 1/2 inch thickness.
3. Cut into 3 inch by 1/2 inch sticks (about the size and thickness of a finger).
4. Place on a lightly greased cookie sheet and bake at 325 degrees for 25-30 minutes or until lightly browned and hard. Remove from pan and cool.

Recipe from Lincoln Family Services WIC



Meat Balls

Ingredients:

- 1 cup lean ground turkey, beef, or chicken
- 1/2 cup plain **baby cereal**
- 1/4 cup wheat germ
- Baby food fruits or vegetables** (enough to moisten and make the meat/cereal stick together like meatballs)
- Spices as desired (for example garlic, pepper, basil, thyme, and/or oregano)

Directions:

1. Preheat oven to 400 degrees.
2. Mix ground meat, baby cereal, and wheat germ in a bowl.
3. Add the baby food until the mixture is moistened can be easily formed into meatballs.
4. Place small meatballs onto a foil lined cookie sheet, cover, and bake until brown and cooked thoroughly.
5. When serving these to your older baby, make sure not to burn them as they will be come too tough to eat. Cut meatballs into smaller pieces for baby to enjoy.

Recipe from wholesomebabfood.momtastic.com